

FITNESS

INCREASE YOUR EXPENDITURE FOR THE HOLIDAYS

It is a natural phenomenon to celebrate every occasion with food, particularly during the Christmas holidays. It is fairly common to gain weight during the holiday season because of all the extra food available. If we wish to enjoy our holiday feasts without feeling guilty, we can compensate by increasing our physical activity. However, this takes discipline and planning. You can enjoy the holidays by keeping moderation in mind and by turning up your energy burning system.

The following suggestions will help you turn up your energy burning system:

- Walk up and down stairs instead of taking the elevator or escalator at the office or in the shopping mall.
- Park and walk to your place of work or when at the mall. The further away you park, the more exercise you will get. You'll also avoid the hassles involved when trying to find a close parking space.
- Walk a lap around the mall before you start shopping.
- Instead of lounging around the house after a holiday feast, grab hold of a family member or friend and take a walk around the neighborhood.
- Dance your way to being fit. The holidays provide ample opportunities to do your thing on the dance floor. Live it up and burn it up - calories that is!
- Take a pet on a walk. Not only will you enjoy getting out for some fresh air, but also your pet will no doubt enjoy pulling you. This also provides time for bonding to occur between you and your pet.
- Practice meditation. Although this won't increase caloric output directly, it will improve your self-image and mood, a key part of any fitness program.
- Join an athletic or fitness club. Here, you can choose the type of activity you enjoy. The weather is not a barrier and there are people to help motivate you throughout your workout.

Prevention Partners has available the *Health for the Holiday* and the *Great Weight Maintenance Marathon* worksite incentive programs.

Please visit <http://www.eip.state.sc.us/prevention/coordinator/default.htm> to print copies of both employee wellness program.

